

# Impact Parenting

## THE INCREDIBLE YEARS

**Child ages:** 2 to 8 years

**Class duration:** 18 weeks

**Method:** Facilitator-led parent group

**Certificate upon successful completion and mastery.**

*Parent transportation assistance, meals and child care are provided.*



**The Incredible Years** is a comprehensive, evidence based practice (EBP) parenting program designed to prevent, reduce and treat conduct problems among children. In addition, this program helps children increase parent-child relationships, self-esteem and peer relations.

### Parents will learn how to

- Play with your child and increase positive child behaviors
- Promote your child's thinking skills
- Praise and encourage your child
- Use tangible rewards to teach your child new behaviors
- Use effective limit setting techniques
- Follow through with limits and rules
- Use positive discipline strategies for disobedient or destructive behaviors
- Implement effective time out, ignoring and problem-solving techniques



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